***Gratitude Weekly Reflection Worksheet***

Giving yourself the time to pause and reflect, to be grateful for the present moment. Practicing gratitude can provide us with so many benefits; higher self-esteem, higher optimism, better sleep, better immunity, less anxiety, and so much more. We hope that in answering the questions on this worksheet, that you begin to feel more positivity and abundance within the daily routine of your life.

1. *How do you feel about this past week?*

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1. *What are 4 things that happened that you're grateful for?*

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1. *What did I learn this week?*

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1. *How can I use what I have learned to make next week better/just as good?*

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1. *What will I let go of from this week?*

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1. *What are my intentions and how do I want to feel going into next week?*

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